

Homemade Italian Sausage

Crediting: 3 oz serving provides 2.25 oz equivalent M/MA

4 lbs Ground Pork, (or any other ground meat) very cold

1 T.+ 2 t. or 1.1 oz or 30 grams **Granulated Salt** (or use multiplayer .20 to .32 per pound of meat)

1 T Sugar

¼ t Cayenne Pepper

1 T Black Pepper,

1 T Dried Sweet Basil

2 t. Oregano, whole, dry

1 t. Thyme, whole, dry

1.5 t Fennel Seed

1 oz Fresh garlic, peeled, chilled

2 oz Chilled White or Red Wine Vinegar

½ c Ice water

- Peel and Process garlic. Chill.
- Mix salt, herbs, spices, and sugar, set aside.
- Place cold meat in chilled mixing bowl.
- Sprinkle spices over meat.
- Mix on low speed for 1 minute.
- Increase mixer speed and mix 1 minute.
- With mixer running at medium speed, drizzle in the ice water and cold vinegar. Continue mixing at medium speed while adding until incorporated.
- Add chilled, fresh garlic, then mix one minute on medium speed.
- Use as desired

To Roast for Slicing:

- Press out onto a parchment-line sheet pan into a 6-8 inch wide, flat loaf about 1½ inches thick.
- Roast in the oven at 400 degrees until it is no longer pink inside or until internal temp reaches 155 degrees.
- Remove from oven and allow to rest 10-15 minutes before slicing.

This fresh Italian sausage can also be used anyway you've used store-bought Italian sausage.